



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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For More Information, Contact:
Kim Senn
Char Reiswig
North Dakota Department of Health
Phone: 701.328.2493
E-mail: ksenn@nd.gov
creiswig@nd.gov

Governor Hoeven Proclaims *Women's Health Week* in North Dakota

BISMARCK, N.D. – Governor John Hoeven has proclaimed May 11 through 17, 2008, as *Women's Health Week* in North Dakota. *Women's Health Week* is observed annually with the goal of empowering women across the state to get healthy by taking action.

“Women’s health remains a priority for families, communities and governments,” Hoeven said. “*Women's Health Week*, which begins on Mother’s Day, is a perfect opportunity to encourage moms, aunts, sisters, spouses and best friends to visit a health-care professional for preventive services and screening.”

The North Dakota Department of Health encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. During this week, the department encourages families, communities, businesses, government, health organizations and other groups to work together to educate women about steps they can take to improve their physical and mental health and prevent disease by:

- Engaging in physical activity most days of the week.
- Making healthy food choices.
- Visiting a health-care provider to receive regular checkups and preventive screenings.
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt.

“Since many of the leading causes of death among women can be prevented or treated if the warning signs are caught early, a reminder from loved ones to get a regular health checkup is one of the nicest gifts a woman can receive,” said State Health Officer Terry Dwelle, M.D. “Being physically active, receiving regular checkups, eating a healthy diet, not smoking, and following general safety rules are five health habits for improving women’s health.”

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.

To kick-off the ninth annual National *Women's Health Week*, the U.S. Department of Health and Human Services' Office on Women's Health is coordinating the WOMAN Challenge (**W**omen and girls **O**ut **M**oving **A**cross the Nation). The free eight-week challenge encourages women and girls to set and achieve personal physical activity goals appropriate for their lifestyles. The WOMAN Challenge begins on Mother's Day, May 11, and ends July 5, 2008. More information is available at www.womenshealth.gov/woman/.

Information about recommended screenings and tests for both women and men can be found at www.4woman.gov/tools/. The prevention guide, "A Lifetime of Good Health: Your Guide to Staying Healthy," is available at www.4woman.gov/pub/pg.cfm or can be ordered by calling 800.944.WOMAN (9662).

For more information about *Women's Health Week*, contact Kim Senn or Char Rohrich-Reiswig, North Dakota Department of Health, at 701.328.2493.

PROCLAMATION
WOMEN'S HEALTH WEEK
May 11 – 17, 2008

WHEREAS, Women's Health Week celebrates the extraordinary progress in women's health and recognizes the long-term commitment to safeguard the health of women for generations to come; and

WHEREAS, women from all walks of life and at every stage of life have unique health needs that should be addressed in their own right; and

WHEREAS, women's health remains a priority for families, communities and government, and our commitment to keeping women healthy is stronger than ever; and

WHEREAS, keeping women healthy and safe and promoting awareness of women's health issues depends on partnerships with social, health, community and other services; and

WHEREAS, women can promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social and spiritual health; and

WHEREAS, North Dakotans are encouraged to work together to promote and improve the health of women and to increase awareness and understanding of women's health issues.

NOW, THEREFORE, as the Governor of the State of North Dakota, I hereby proclaim May 11-17, 2008, **WOMEN'S HEALTH WEEK** in the state of North Dakota.

John Hoeven
Governor

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Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at www.nddohpressroom.gov.

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